

Measles Exposure at Hampton Beach July 9, 2017 Fact Sheet

What is measles?

Measles is a very contagious viral illness that can be prevented by the MMR vaccination.

How may I have been exposed to measles at Hampton Beach?

A person with measles was at Hampton Beach, NH, from noon until 6pm on July 9, 2017. This individual spent time on the beach as well as at several outdoor locations on Ocean Boulevard.

What should I do if I was at Hampton Beach on that afternoon?

You should be aware that you may have been exposed to measles and call your healthcare provider if you develop symptoms of measles between now and July 30, 2017. Your provider should isolate you in a separate room when you arrive at the provider's office because measles is very contagious. Also, people born in or after 1957 should review their vaccination status to make sure they have been fully vaccinated to protect themselves from a future exposure.

What are the symptoms of measles?

Symptoms appear between 7 and 21 days (usually 10-14 days) after a person has been exposed to someone with measles. Measles usually causes a rash, high fever, cough, runny nose, and watery eyes. It can also cause tiny white spots inside of the mouth. Illness can last one to two weeks. Measles may be complicated by an ear infection or pneumonia. Other less common complications include deafness, blindness, seizure disorders, swelling of the brain, and death. Approximately one child in every 10,000 who gets measles dies from it.

How do people get measles?

People with measles can spread the disease from 4 days before to 4 days after the start of the rash. The virus multiplies in the nose and throat and becomes airborne when an infected person sneezes, coughs, or talks. People nearby can then inhale the virus. Measles is also spread by direct contact with the nasal and throat secretions, such as through touching soiled tissues or sharing a cup used by an infected person.

Who can get measles?

A person who has never had measles and has not been vaccinated, children younger than 12 months of age (because they are too young to have been vaccinated), and adults who were last vaccinated before 1968 (because some early vaccines did not give lasting protection) are at risk for measles. Adults born prior to 1957 are generally considered to be immune to measles because they probably already had the disease.

What is the treatment for measles?

There is no specific treatment for measles except to treat symptoms, such as cough and itching.

How can measles be prevented?

Vaccination is the best way to prevent measles. Children should receive their first dose of measles-containing vaccine between the ages of 12 and 15 months and receive a second dose between ages 4 and 6. It is never too late to vaccinate unvaccinated children and adults.

Anyone with questions can call the New Hampshire Bureau of Infectious Disease Control at 603-271-4496 or 800-852-3345 x4496 or visit the Centers for Disease Control and Prevention website at www.cdc.gov.